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WEEKLY NEWS

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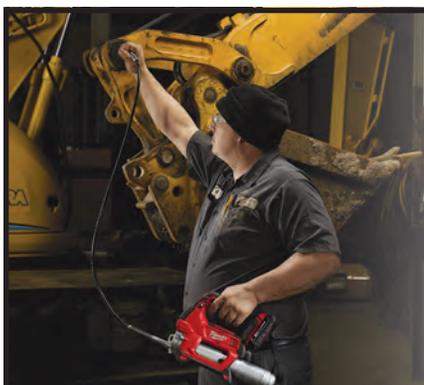


## Jets Town Takeover energizes Gimli

EXPRESS PHOTO BY RAYME THOMSON

Best friends Elliot Mills, left, and Daxton Calder, both 8, take in the Winnipeg Jets Town Takeover festivities at the Gimli Recreation Centre on March 19. Winnipeg Jets alumni visited Gimli March 18–19 to deliver mental health programming in local schools, lead youth hockey sessions and host a community celebration as part of the annual event organized by True North Sports + Entertainment.

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# Train derailment reported near Winnipeg Beach; no environmental concerns

By Lana Meier

A privately owned freight train serving the Diageo distillery in Gimli derailed just north of Road 229 near Winnipeg Beach on Thursday, March 19.

No injuries were reported and officials confirmed there are no environmental concerns related to the incident.

The appropriate authorities were contacted immediately following the derailment, and crews were on site working to return the railcars to the track. The locomotive was success-

fully rerailed by 3:30 p.m. Friday.

Winter conditions can contribute to derailments if snow or ice interferes with rail components such as switches or crossings, though the exact cause of the incident has not been confirmed.

Each railcar operates on steel wheelsets — pairs of wheels connected by an axle and guided by an inner flange — which can leave the rails due to factors such as track defects, equipment issues or alignment problems.

The distillery is serviced by the Lake Line Railroad, a short-line railway



EXPRESS PHOTOS BY RAYME THOMSON

Crews work to rerail a locomotive after a freight train serving the Diageo distillery derailed just north of Road 229 in Winnipeg Beach on March 19. No injuries or environmental concerns were reported.

that operates the former Canadian Pacific Winnipeg Beach subdivision between Selkirk and Gimli.

The line connects with the national rail network at Selkirk, allowing shipments to move to and from the distillery, one of the key customers on the route.

Originally part of Canadian Pacific's network, the line was purchased in 2012 by a local group to maintain rail service in the Interlake region after CP considered abandoning it.

No cause of the derailment has been confirmed.



## Evergreen Staff Spotlight Celebrating the People Who Make Our Schools Work

### Meet Koreen Ngo - Foods and Nutrition Teacher, Gimli High School

In just two years with Evergreen School Division, Koreen Ngo has brought energy, passion, and creativity to her role as the Foods and Nutrition teacher at Gimli High School. For Koreen, teaching isn't just about recipes—it's about helping students build confidence, independence, and life skills they can carry with them long after they leave the classroom.

Koreen's inspiration to become a teacher began early. Growing up in the Philippines with parents who were both college instructors, she developed a deep admiration for education. Although she briefly explored other interests in high school and early university, the influence of her own inspiring teachers ultimately led her back to the classroom. Once she made the decision to pursue education, she knew exactly what she wanted to teach. "I love cooking and baking for people," Koreen shares. "Being a foods teacher allows me to share that passion while teaching students important skills they can use for the rest of their lives."

Running a foods program also involves a lot of work that students and families may not see. As the only teacher in the department, Koreen manages everything from planning lessons to sourcing ingredients. She often spends time comparing grocery flyers and traveling to different stores to keep food costs manageable so students can cook as often as possible in class.

The moments that remind Koreen why her work matters often happen outside the classroom. "I love when students show me the food they've made at home," she says. "Whether it's a recipe we learned in class or something new they tried on their own, it shows they're becoming confident and independent cooks—and that's my goal."

What Koreen values most about Evergreen is the strong sense of community. "I didn't fully understand what it meant to be part of a community until I started working here," she says. "From the beginning of my career, I've felt welcomed, supported, and encouraged."

Koreen also hopes the public understands how much work teachers invest beyond the classroom. From marking assignments and preparing lessons to coaching and supporting students, the job extends far beyond the final bell of the day. "Being a teacher means you often have a never-ending to-do list," she reflects. "But it's worth it when you see students learn and grow."

Thank you, Koreen, for sharing your passion for food, learning, and community with Evergreen students every day.  
Interviewed by trustee Dianna Auer



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# Manitoba-made series serves up diabetes-friendly cooking

By Jessica Eblie

A new Manitoba television series is showing viewers that healthy eating can still be full of flavour while highlighting local food producers across the province.

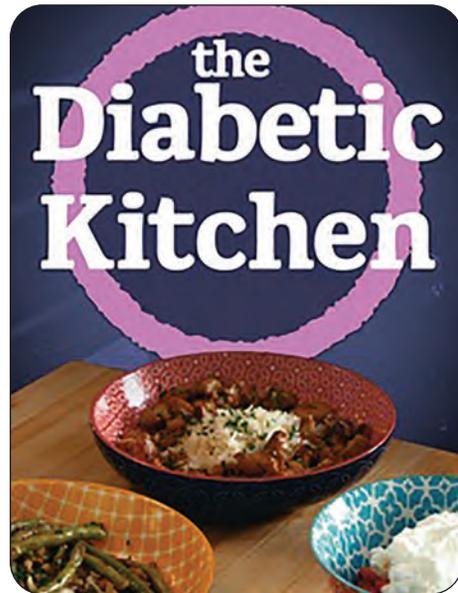
*The Diabetic Kitchen*, a six-episode cooking series that began airing in January 2026, combines a traditional cooking show format with visits to farms and food producers throughout southern Manitoba. Each episode features a different theme, ranging from game-day eats to vegetarian-style meals.

The series follows host Kevin Beaulieu as he prepares diabetes-friendly meals using local ingredients. Registered dietitian Bailey Lakutsa closes out each episode with a breakdown of each recipe's nutritional composition.

The Manitoba-made series was celebrated at a public screening on March 10 at the Park Theatre in Winnipeg, where three episodes were shown to a large audience.

For the show's cast and crew, the project represents both a health-focused initiative and a celebration of Manitoba's culinary and agricultural communities.

The concept for the series came from



Official *Diabetic Kitchen* photo from the Bell.ca website

producer Karen Tusa, who said the inspiration was rooted in her own family's experience with diabetes.

Tusa explained that her father was diagnosed with the disease years ago, prompting her family to pay closer attention to what they were eating. With other friends and relatives also living with the condition, she said the issue has long been on her mind.



EXPRESS PHOTOS SUBMITTED

The cast and crew of *The Diabetic Kitchen* at the public screening of the series at the Park Theatre on March 10, 2026.

The idea developed through conversations with director George Orallo, a longtime collaborator who also lives with diabetes. While researching the concept, Tusa said they discovered there were few cooking shows focused specifically on diabetes-friendly recipes.

"I did a lot of research, and there

are no diabetic (cooking) shows out there," said Tusa.

After pitching the idea to several broadcasters, the series was picked up by Bell Fibre TV1. The network supported the concept, but producers wanted to ensure the program reflect-

Continued on page 8

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# Gimli council launches Recreation Campus Master Plan and public survey, defers fitness centre

By Patricia Barrett

Gimli council launched its vision for improved accessibility at the Gimli Recreation Centre and is inviting the public to provide feedback to its new Recreation Campus Master Plan through an online survey.

A site plan and the survey were posted on the municipality's Facebook page last Friday.

Council had hired Scatcliff + Miller + Murray landscape architects to produce a plan to guide future improvements at the recreation centre. The plan doesn't provide construction timelines or costs.

The Recreation Campus Master Plan looks at how "people move through the site," and represents a "long term vision for improving safety, accessibility and the overall experience at the Gimli Recreation Centre, Aquatic Centre, Skate Park and the future Recreation Youth Hub," according to the survey's preface.

An accompanying layout of features at the proposed site shows 44 parking stalls for staff located behind the recreation centre building, 77 public parking stalls between the recreation centre and the outdoor pool, and 148 more public parking stalls (for a total of 225 public spots) in what is now an empty field. There's also an unspecified number of parking spots at the skateboard park.

In 2024, a majority of council had approved the construction of a new fitness centre in the spot where an outdoor skating rink and a recreation youth hub (i.e., youth centre) are now proposed to be built. The fitness centre had been pegged at around \$950,000 in 2024.

The campus proposal includes a circular drive in front of the recreation centre to improve traffic flow and a multipurpose path running adjacent to Centennial Road.

The architects provided two options regarding vehicle access to Autumnwood Drive. The first option is a one-lane road for emergency

or maintenance use only. The second option is a two-lane road — presumably for public traffic — that requires land acquisition from the Evergreen School Division and an alignment with the Autumnwood intersection.

The survey asks people to select what elements of the recreation campus plan are the most important to them, what proposed features of the plan they feel will benefit the community, how often they use the recreation centre, how they get there, what activities they take part in, whether they've had or had seen any vehicle-pedestrian conflicts, plus any ideas they want council to consider.

A number of municipal residents posted comments on social media after they viewed the campus plan proposal. One said the plan "misses the mark on what the community has been asking for" and another said it was "really disappointing to see such a lack of forward-thinking" from the municipality.

Some residents were unhappy with the number of proposed parking spaces, which may not be enough for high capacity events such as last week's Jets Town Takeover. They also questioned why the new fitness centre is not part of the campus plan and said Gimli has long needed an indoor pool, not another outdoor skating rink.

The *Express* asked the RM of Gimli and council members for comment on what happened to the plan to build a new fitness centre.

Council spokesperson Christine Payne said council decided to "defer" the fitness centre pending completion of a recreation needs assessment and an updated recreation campus plan.

"The fitness centre proposal originally started as a high-level concept, with early cost estimates in the range of \$975,000 to \$995,000. As council advanced the project, an architect was engaged to complete a conceptual design and preliminary costing to better understand what would be required to deliver a modern, functional facility," said Payne.

"Through that process, council de-



SCATCLIFF + MILLER + MURRAY

Gimli council released a proposed Gimli Recreation Campus Master Plan last Friday and accompanying survey. The proposal does not include a new fitness centre.



RM OF GIMLI

A majority of council had approved a new fitness centre (shown in orange) in 2024 with an estimated cost of \$950,000. Council deferred the fitness centre plan with the release of a new Recreation Campus Master Plan last week.

termined that the updated cost estimates exceeded expectations, and that the proposed location was not practical given site constraints and long term planning considerations. In addition, it became clear that the Recreation Campus Plan needed to be amended to reflect several evolving priorities, including identifying a more appropriate location for a future fitness centre."

Council feels that feedback from the currently available survey regarding the campus plan will be "critical" in shaping the design, scale, timing and

overall priority of a fitness centre, said Payne, and they decided to not proceed on a fitness centre that "no longer aligned with community expectations or financial comfort levels."

"In short, the decision was not to abandon the idea of a fitness centre but to pause, reset and ensure that any future investment is well located, financially responsible and clearly supported by community input and long term planning," she said.

She did not say what the updated cost estimate on the fitness centre was.

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# Harbour work advances at Winnipeg Beach

By Lana Meier

Work continues at the Winnipeg Beach Small Craft Harbour as part of a federally funded rehabilitation project, with crews now installing new dock infrastructure.

The work follows a federal tender issued through CanadaBuys in September 2025 for the float replacement component of the project. The tender outlined the supply and installation of new principal and finger timber floating wharves, along with wharf decking, curbing and electrical repairs. The contract carried an estimated five-month duration, with a proposed start date of Oct. 10, 2025.

According to Carol Launderville, communications advisor with Fisheries and Oceans Canada, recent on-site activity has included cutting ice to allow for the installation of floating finger docks at the marina. Final alignment of the docks is expected once the harbour is fully clear of ice.

Approximately 26 new floating docks are being installed in the southern portion of the harbour, with minor layout adjustments made in consultation with the Harbour Authority. The upgrades are expected to increase overall vessel capacity and improve functionality for users.

The dock installation is part of a broader federal harbour rehabilitation effort that extends beyond dredging. In addition to the previously



completed 2025 dredging project, the overall scope includes the supply and installation of new floating wharves, as well as repairs to existing wharf infrastructure, including re-decking.

Officials noted the 2026 float replacement project is separate from the 2025 dredging work, though both initiatives form part of Fisheries and Oceans Canada's long-term asset management and maintenance strategy for the harbour.

For work conducted in or near the water, Fisheries and Oceans Canada's Small Craft Harbours program applies mitigation strategies and best management practices, based on



EXPRESS PHOTOS BY TERRY CALOF

New dock sections are installed at the Winnipeg Beach marina as crews continue work on a federally funded harbour rehabilitation project. Final alignment will take place once ice conditions allow.

guidance from the department's Fish and Fish Habitat Protection Program.

The project is being carried out under federal tender, with full contract and cost details available through CanadaBuys. The work comes at no

cost to the Town of Winnipeg Beach or the Province of Manitoba.

At this time, no additional phases of work are scheduled for the Winnipeg Beach harbour following completion of the current stage.

## Gimli man injured in fatal Highway 280 collision

By Haley Cvar

A 23-year-old man from Gimli was taken to hospital following a fatal head-on collision north of Thompson on March 20.

Thompson RCMP said officers responded just after 10 a.m. to the crash on Highway 280, approximately 80 kilometres north of the city.

Police say the collision involved two trucks, including one that was pulling a trailer carrying a small excavator. According to RCMP, a southbound truck driven by a 48-year-old Thompson woman attempted to pass a semi-truck when it was unsafe to do so, resulting in a head-on collision with a northbound vehicle.

The woman was pronounced dead at the scene.

The driver of the northbound truck, a 23-year-old Gimli man, was transported to hospital with injuries.

RCMP said no charges are expected. Investigators believe weather conditions, including recent snowfall that reduced visibility, were a contributing factor in the collision.

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# get informed

NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS

## Low-to-moderate flood risk across Manitoba; Fisher River basin a concern

By Haley Cvar

The Province of Manitoba is forecasting a low-to-moderate risk of spring flooding across most of the province as runoff season approaches, though higher risk remains in parts of the Interlake.

According to Manitoba Transportation and Infrastructure's Hydrologic Forecast Centre, the majority of Manitoba rivers are expected to see limited flooding under normal conditions. However, the Fisher River basin is facing a moderate to major flood risk, making it the primary area of concern heading into the spring melt.

A moderate risk of flooding is also in place for several major waterways, including the Red, Assiniboine and Souris rivers, along with the Icelandic River in the Interlake and portions of the Saskatchewan River in northern Manitoba.

Flood risk remains low for many tributaries, including the Pembina, Rat and Roseau rivers, as well as eastern Manitoba's Winnipeg River basin and the Whiteshell Lakes area.

Officials note that conditions leading into spring have generally been favourable. Soil moisture at freeze-up was near to below normal across

much of Manitoba, while winter precipitation was also near to below normal in many regions. In addition, frost depths are normal to shallower than usual, allowing for improved absorption of meltwater.

Snowpack conditions are also contributing to the relatively stable outlook. Snow-water content across most Manitoba basins is within normal ranges, though parts of southern Manitoba are below average. The Fisher River basin, however, has normal to above-normal snow levels, contributing to its elevated flood risk.

Lake levels across the province remain within operating ranges, with Lake Winnipeg and Lake Manitoba sitting well below normal for this time of year. As a result, inflows into major lakes are expected to be below seasonal averages.

The province does not anticipate operating the Red River Floodway under normal or favourable conditions. However, it may be used if weather conditions worsen to help reduce water levels in Winnipeg. The Portage Diversion could also be activated under unfavourable conditions or to address potential ice jams along the

lower Assiniboine River.

Ice-cutting and breaking activities have already been completed on the Red and Icelandic rivers to reduce the risk of ice-jam flooding. Despite these efforts, officials caution that ice-jam flooding remains possible in historically affected areas, including along the Saskatchewan, Carrot, Swan, Icelandic and Fisher rivers.

The province emphasized that weather conditions in the coming weeks will be the key factor in determining how the spring flood season unfolds. Additional snowfall, rainfall and the speed of the melt could all significantly influence water levels.

As temperatures rise and ice conditions weaken, Manitobans are being reminded to stay off rivers, retention ponds and other waterways.

The Manitoba Emergency Management Organization says it continues to work with municipalities, First Nations and other partners to prepare for potential flooding, including reviewing emergency plans and coordinating resources.

The full March flood outlook report is available on the provincial government website.

## 15-year-old dead in Berens River homicide: RCMP

By Haley Cvar

A 15-year-old boy is dead and RCMP have launched a homicide investigation following a stabbing in Berens River First Nation.

Berens River RCMP said officers were called to a residence in the community at approximately 9:07 a.m.

on March 20 after receiving a report of a stabbing.

Police located the injured teen at the home, where he was pronounced dead at the scene.

RCMP have confirmed the death is being treated as a homicide.

No further details have been re-

leased.

Berens River RCMP, along with RCMP Major Crime Services, continue to investigate.

Anyone with information is asked to contact the Berens River

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# Gimli council invites public to view its Trails Master Plan on March 26

By Patricia Barrett

Gimli council is inviting the public to a come-and-go session this Thursday evening to view council's proposed master plan for the numerous trails located throughout the municipality.

"Whether you're a frequent trail user or simply interested in improved connectivity throughout the municipality, your input is vital," states a notice on the RM's website.

The session will include presentation boards that will show "proposed phased trail and pathway implementation plans" and opportunities for residents to provide feedback on their preferred trails and improvements.

The municipality has about 15 trails that are used for a range of activities, including hiking, jogging, cycling, snowshoeing, skiing and snowmobiling. The longest trail is Gimli Rail Trail, a 36-kilometre stretch along a former CPR line. The rail trail is off-limits to ATVs at present.

The RM's Transportation Trails Advisory Committee had created an Active Trails Strategic Action Plan that was adopted by council in 2022 to enhance trails and support the health and wellbeing of the community.

It's unclear whether that strategic plan informs council's new proposed master plan.

Those who can't attend the session will be able to see the presentation and "feedback opportunities" on the RM's website, states the notice.

The event will take place on March 26 at the Gimli Recreation Centre (second floor) from 6 to 8 p.m.



**EXPRESS FILE PHOTO BY PATRICIA BARRETT**  
An ATV is shown on the Gimli Trail Rail, north of Camp Morton, in 2018.

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#### HOLY WEEK

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March 28/29, 2026

- Saturday, Our Lady of the Lake, Winnipeg Beach, 4:00 PM

- Sunday, St. Benedict's, Camp Morton, 9:00 AM

- Sunday, St. Michael's, Gimli 11:00 AM

#### HOLY THURSDAY MASS

- Thursday, April 2, 2026 St. Michael's, Gimli, 7:00 PM

#### GOOD FRIDAY LITURGY

- Friday, April 3, 2026, Our Lady of the Lake, Wpg Beach 3:00 PM

#### HOLY SATURDAY, EASTER VIGIL

- Saturday, April 4, 2026,

Our Lady of the Lake, Wpg Beach 5:00 PM

- Saturday, April 4, 2026, St. Michael's, Gimli 8:00 PM

#### EASTER SUNDAY MASS

- Sunday, April 5, 2026, St. Benedict's, Camp Morton 9:00 AM

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## Gimli Chamber of Commerce releases a sizzling list of nominees for a Heart of Business Award

By Patricia Barrett

The thrill of award season at the Gimli Chamber of Commerce kicked into high gear last week after the names of the nominees for a chamber Heart of Business Award (HOBA) were released.

The nominees includes businesses and entrepreneurs from different communities and regions in the east Interlake area such as Riverton, Arbog, the Municipality of Bifrost-Riverton, Sandy Hook, Winnipeg Beach, Dunnottar and Gimli.

The upcoming 2nd annual awards event will recognize businesses and entrepreneurial excellence across a range of industries. The chamber and its president Samantha Hampton created the awards last year to shine a spotlight on the diversity of businesses operating in the east Interlake area.

Kahleigh Dubois, who runs the popular eatery Kahleigh's Brew Barn in Riverton, is a first-time nominee for the chamber's Tourism & Hospitality Excellence Award.

"I was honestly very shocked because I didn't realize at first that the awards include the area beyond Gimli; I thought it was only for the Gimli area," said Dubois. "It was very nice to be included."

She said she doesn't know who nominated her. She tried to find out from people she thought likely to have submitted her name, but they said it wasn't them.

Getting the nod for the award is definitely "a good sign" as it shows her business is hitting all the right notes.

The family-run Bar Z Ranch in Arbog and its branch business Bar Z Beef was nominated for the chamber's Agriculture & Fisheries Achievement Award, a new category the chamber

introduced this year.

Co-owner Theresa Zuk said the family was surprised when they learned that Bar Z is in the running for an award.

"Being nominated for this award through the Gimli Chamber of Commerce was such a huge surprise to us and very much appreciated," said Zuk. "It's an honour to be listed with so many incredible local businesses, entrepreneurs and volunteers in this area of the Interlake. We also so appreciate the newly created category, the Agriculture & Fisheries Achievement Award, under which we were nominated."

Zuk and her family are strong agriculture advocates, and she said it's nice to see recognition given to producers who serve as a strong foundation for local communities and their economies.

"As we are proud cattle producer advocates in the ag industry, it's so wonderful to see that this award has the ability to acknowledge all types of agriculture in this part of the Interlake," said Zuk. "Ag has truly been the foundation of commerce, growth, education and employment in this region for many past generations - and for many more to come."

### THE NOMINEES ARE AS FOLLOWS:

**Young Entrepreneur Award:** Nikki Chapnick, Lakeside Law; Brittany Yahiro, Sandy Paw's Grooming; Dayna Pull, Your Pull to Wellness; and Marshal Marks, Marshal Marks Fitness.

**Tourism & Hospitality Excellence Award:** Carlos Cucina; Beach Boy Restaurant; Whytewold Emporium; Interlake Brewing Co.; and Kahleigh's Brew Barn.

**Community Volunteer of the Year:**

While the show highlights Manitoba producers and healthy home-style cooking, the central goal is to make diabetes-friendly meals accessible to people looking to improve their health.

Beaulieu brings an unusual background to the role. Unlike most television cooking hosts, he does not come from a culinary or broadcasting profession.

"I sell trucks at the Freightliner dealer in Winnipeg for a living," Beaulieu said. "I've worked there for almost 15 years now."

His connection to the series came through Orallo, whom he has known since high school. The idea for Beaulieu to host the show came during regular Sunday dinners he hosted for friends.

"One day Orallo said, 'I'm going to do a cooking show, and you're going



### GIMLI CHAMBER OF COMMERCE

The Gimli Chamber Commerce is holding its 2nd annual Heart of Business Awards on April 18 in Gimli to celebrate entrepreneurial achievement and contribution to the local economy. Businesses across the east Interlake have been nominated.

Debbie Fakes; Peter and Susan Holfeuer; Romanna Klymkiw; Pat Nuspl; Pam Isfeld; and Susan Bauernhuber.

**Leadership in Diversity & Inclusion:** Spruce Sands RV Resort; and Prairie Gal Fishing.

**Trades in Action Award (new this year):** Ken Laurie; Silver Lining Stitchery; Innovative Electric; and BVC Electric.

**Agriculture & Fisheries Achievement Award (new this year):** Miner-va Tree Farms Landscape and Nursery; Bruce's Marine; and Bar-Z Beef.

**After Hours Business Award:** Ian Prise, Prise Fishing; Sara Rodriguez, Pam Sutyla and Crystal Hjorleifson, Triple Bloom Catering; and Sarah Markwart, 15 Minutes of Fame Karaoke.

**Entrepreneur of the Year:** Lenore Chartrand, Heaven Scents Flowers & Gifts; Panagiotis Makiaris, Beach Boy Restaurant; Kim Kristofferson Magnusson, Johnson's Fashion & Foot-

wear; Chad Ermel, Flatland Coffee; Graeme Maclean, Interlake Brewing Co.; and Don Fletcher, Bond Invention House.

**Chamber Champion Award:** *Express Weekly News*; and Samantha Hampton.

**Legacy of Impact Award:** Adam Stringer; Westshore Community Foundation; M&J Auto Parts; and Corey Palsson.

**Non-Profit Organization of the Year:** Manitoba Animal Alliance; Interlake Counselling and Resource Centre; Gimli Art Club; and Evergreen Basic Needs.

**Interlake Impact Award:** Rayme Thomson; Brenna Philp; and Brittany Isfeld.

Tickets for the 2nd annual HOBA dinner and awards night are available through the chamber.

The event is scheduled for Saturday, April 18 at 5 p.m. at the Lakeview Gimli Resort.

## > SERIES, FROM PG. 3

ed Manitoba's food culture.

Instead of filming exclusively in a studio kitchen, the production team decided to visit local farms and suppliers, tying the ingredients used in each episode to the producers who grow or supply them.

Tusa, who works professionally as a location scout and location manager, said the approach allowed the show to showcase Manitoba's agricultural landscape and the people behind it.

"I thought, wouldn't this be a cool twist to bring this (idea) into a cooking show?" stated Tusa. "We thought it would be so much better to send our host to the different locations and interview the producers at their place of work so they could share what they do in their environment."

to be the host," Beaulieu recalled.

Like Orallo, Beaulieu also lives with Type 2 diabetes, which helped shape the direction and tone of the series.

The creators wanted the show to feel approachable, especially for viewers who might be intimidated by complicated recipes or specialized equipment. Simple tools — including beginner-friendly gadgets like a slap-chop — appear regularly throughout the episodes.

"We didn't want to intimidate anybody," Beaulieu said. "We wanted to encourage people to try the recipes and make small changes toward better health."

Filming for the first season took place over several days, including visits to farms and food producers across southern Manitoba, followed by cooking segments filmed in a home kitchen.

Despite the relatively short production schedule, Beaulieu said the experience gave him a new appreciation for television production.

"I've walked away from this with a deeper appreciation of folks that do this for a living."

For Beaulieu, one of the most meaningful aspects of the project was the way it brought together longtime friendships and community connections.

"The show really tells a story of relationships," he said. "Food brings us together as family and friends."

All six episodes of *The Diabetic Kitchen* are now available for streaming on Bell Fibre TV1. The cast and crew hope the series will attract additional distribution and potentially be renewed for a second season.

# Break and enter, thefts at business on Highway 68 in Arborg

By Patricia Barrett

The business community in Arborg has been a target of criminals lately after another business suffered a break and enter and theft.

A business located on Highway 68 near the intersection of PR 236 was hit twice last week, resulting in the theft of a tractor from outside the building and items from inside the store.

The Express reached out to the business, but staff declined to comment on the two incidents and whether the business is currently open. The owner of the company, which has nine locations across Manitoba, did not return a voice message.

The RCMP did not identify the business by name, saying only that it's a business in the 10,000 block of Highway 68.

The police service said it first received a report on March 16 about a tractor being stolen from the business. That theft had occurred on the morning of March 14. Then the service received another call on March 19 about a break and enter.

"On March 19, 2026, at 2:36 a.m., Gimli RCMP received a report of a break and enter at the same address. A suspect is seen entering the business and stealing items from inside the store," said an RCMP spokesperson. "It is believed that it is the same suspect involved in these two incidents."

The spokesperson said the service has no information whether the incidents at the Highway 68 business are linked to the break and enter, damage and theft that had occurred at Shachtay Sales & Service on March 15, in which Honda generators,

Stihl chainsaws and water pumps were stolen (see March 19 edition of the Express Weekly News).

A business on River Road in Arborg suffered a break and enter on March 14, with a number of items stolen. The spokesperson didn't identify the name of the business, but said Gimli RCMP responded.

"A truck entered the property around 4 a.m. on March 14, 2026, with three suspects seen breaking into multiple buildings. The suspects stole some keys, a side-by-side, and many recycled batteries," she said.

And a residence on River Road was the target of a break and enter and theft last Sunday.

"On March 22, 2026, Gimli RCMP responded to a break and enter at a residence on River Road West where multiple tools worth approximately \$5,000 were stolen from a detached shop on the property," said the spokesperson. "No suspect has been identified."

Earlier this month, thieves targeted an establishment in Riverton.

"On March 3, 2026, Gimli RCMP responded to an alarm on Main Street in Riverton, with two boat props worth \$60,000 stolen. No suspects have been identified," said the spokesperson, who didn't name the establishment.

The RCMP has no information that the crime in Riverton could be related to the crimes in Arborg.

"These files are under investigation



EXPRESS PHOTO COURTESY OF RCMP

The RCMP provided a photo of the suspect in a break and enter and theft at an Arborg business located on Highway 68 close to PR 236. The break and enter occurred on March 19. Five days earlier, a tractor was stolen from outside the business.

and RCMP is working on identifying suspects," she said.

When asked whether the lack of an RCMP station in the Arborg area could be emboldening criminals — based on crime statistics kept by the service — the spokesperson said 24 files have been generated in March (as of March 23) for the RM of Bifrost, and only three are classified as property related.

For the Town of Arborg, 21 files were

generated for the same time period, and only four are classified as being property related.

The RCMP is asking that anyone with information about the Highway 68 break and enter and theft — as well as the other crimes — to contact the Gimli RCMP at 204-642-5104, anonymously through Crime Stoppers at 1-800-222-8477 or through a secure tip online at [www.manitobacrimestoppers.com](http://www.manitobacrimestoppers.com).

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# Green cheers to Gimli tavern



EXPRESS PHOTO BY RAYME THOMSON

Michelle Thomson (left) and a friend celebrate St. Patrick's Day at the Ship & Plough Tavern in Gimli, raising a toast with green beer during the annual festivities. The popular celebration brought a lively atmosphere to local pubs around the province while patrons embraced the spirit of the holiday.

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# Manitoba the first province intending to end 'predatory' grocery/retailer pricing practices

By Patricia Barrett

The provincial NDP government announced last week that it intends to enact legislation to end what it calls "predatory pricing" in grocery and other retail stores in Manitoba.

Consumers can pay different prices for the same product based on their personal profile, which can include what postal code they reside in (i.e., a wealthy or poorer neighbourhood), their unwillingness to switch brands, and other data collected through loyalty or rewards cards and apps.

The practice is called algorithmic pricing or dynamic pricing, and it can lead to hidden price changes and have an impact on food affordability.

The province's public service delivery minister, Mintu Sandhu (Maples MLA), introduced Bill 49, the Business Practices Amendment Act, to ban retailers from using consumers' data to increase the price of groceries and other goods.

The proposed legislation also applies to online retailers and online distributors.

"Protecting Manitobans from unfair pricing practices is essential to keeping life affordable," said Sandhu in a March 17 news release. "These are first of their kind amendments and take aim at the misuse of personal data to inflate prices and ensure consumers are treated fairly whether they shop at the grocery store or other retailers. By strengthening these protections, the Manitoba government is reinforcing its broader commitment to lowering everyday costs for families."

The bill was given first reading in the legislature on March 12.

Grocers and other retailers can employ algorithmic pricing based on the consumer data they feed into artificial intelligence and other technological systems. But Bill 49 states that an "unfair business practice" may occur when grocers/retailers use machine learning or artificial intelligence systems to analyze and target consumers.

Personalized algorithmic pricing is defined in the bill as "pricing that's based on the use of an algorithm or automated processing to set, recommend or vary a price offered to a specific consumer as a result of data about the consumer collected, analyzed or processed with or without the consumer's consent, knowledge or involvement...."

If there was any doubt that consumers are being intensely scrutinized by grocers and other



**EXPRESS PHOTO BY PATRICIA BARRETT**  
Cereal is shown on a grocery store's shelves in 2022 when food prices alarmingly spiked during the COVID-19 pandemic. Grocers employ personalized pricing based on a consumer's profile and charge a price unique to them for some items. The Manitoba NDP government is intending to ban that "predatory" practice with Bill 49, the Business Practices Amendment Act.

retailers, Bill 49 puts that to rest.

It says the data that grocers/retailers collect include consumers' personal information, browsing behaviour, purchasing history, spending patterns, the profiles on consumers' electronic devices that are used to browse or purchase items, their "inferred willingness" to enter into a transaction, socio-economic status that includes their income level, their employment pay period, their financial assistance payment schedule, credit history, location that includes their address, and their medical history or health status.

The data are collected when people sign up for rewards or loyalty cards, use loyalty apps to browse online, and through in-store tracking.

It's unclear how a grocer/retailer will be identified and prosecuted under the proposed legislation. And the bill has a two-year time limit on prosecutions for an offence.

**"PROTECTING MANITOBBANS FROM UNFAIR PRICING PRACTICES IS ESSENTIAL TO KEEPING LIFE AFFORDABLE."**

Bill 49 is part of a suite of measures the NDP is taking to help lower grocery prices for Manitobans. Those measures include a price freeze on milk (1 litre), removing property controls on grocery store locations to encourage grocery competition, permanently eliminating the gas tax, and increasing the provincial property tax credit so that people have more money for groceries.

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## Hundreds turn out for Jets Town Takeover party in Gimli, hockey drills with Jets Alumni

By Patricia Barrett

Winnipeg Jets alumni visited Gimli on March 18 and 19 to deliver mental health programs to students at local schools, lead a hockey skills session with youth players and host a free party at the Gimli Recreation Centre as part of the Jets Town Takeover event.

The annual contest is organized by True North Sports + Entertainment, which owns the Winnipeg Jets. The organization's director of corporate communications, Krista Sinaisky, helped facilitate the event on March 18 and March 19 in Gimli.

Gimli competed to win the annual contest against fellow town finalists Niverville and Oakbank. The winner was determined by the number of fan votes. Gimli received over 12,500 votes.

The event included Jets alumni Ray Neufeld, Randy Gilhen and Derek Meech leading hockey drills for U7 to

U19 players enrolled in Gimli minor hockey, and visits with students at local schools to raise awareness about mental health challenges.

The mental health component, which included providing students with coping skills, was delivered in collaboration with the True North Youth Foundation's educational program called Project 11. The foundation has visited 339 schools throughout the province, delivering the program to 40,600 students to date.

The event culminated with a huge party last Thursday night at the Gimli Recreation Centre where hundreds of people got to meet the former Jets players, watch a game between the Jets and the Boston Bruins and win prizes.

RM of Gimli resident Brittany Isfeld assisted with making of the video that was part of the recreation centre's bid to win the event, and she also attended the party on March 19.

The Jets Town Takeover bid was a community effort from start to finish in which local businesses, organizations and families all came together to support the initiative and celebrate what makes Gimli special, she said.

"Moments like this remind us of how lucky we are to live in a place where people show up for their community," said Isfeld. "Gimli truly is an amazing town filled with passionate people and it was wonderful to see that pride on full display."

She recognized the efforts made by recreation centre staff to bring the Jets event to town.

"I would like to give a special shout-out to Lenni [Finnbogason], our recreation programmer, who put an incredible amount of work and energy into organizing and championing this effort," said Isfeld. "Initiatives like this take a lot of behind-the-scenes coordination, and Lenni's dedication really helped bring the community

together."

Recreation department staff posted a message on the department's Facebook page last Friday thanking Gimli for showing up to the viewing party last Thursday.

"Gimli — you guys showed up yesterday! We had an outstanding turnout at our Jets Town Takeover, and we couldn't have done it without all of your help," said the post. "A huge thank you to all of our amazing volunteers, the Gimli Fire Department RM of Gimli staff, True North, all of our sponsors and everyone who donated towards the event. We couldn't have done any of this without YOU — so again, thank you!!"

The RM of Gimli said the event was an amazing experience.

"We need to thank all the volunteers, our staff and the Winnipeg Jets Flight Crew for making the event the success that it was," said the RM on its Facebook page.



EXPRESS PHOTOS BY RAYME THOMSON

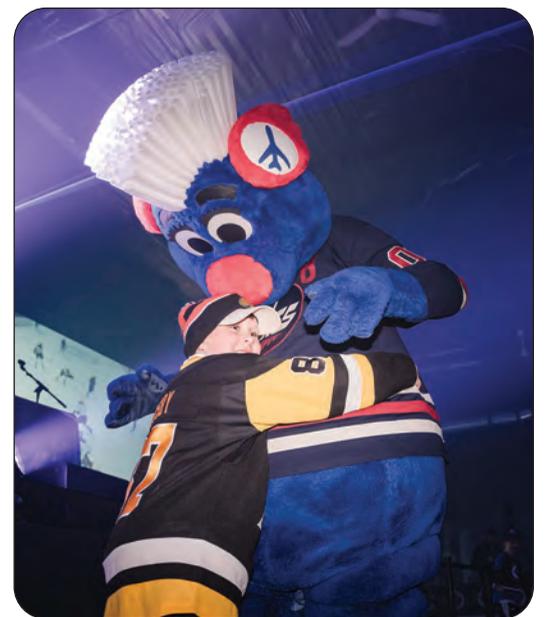
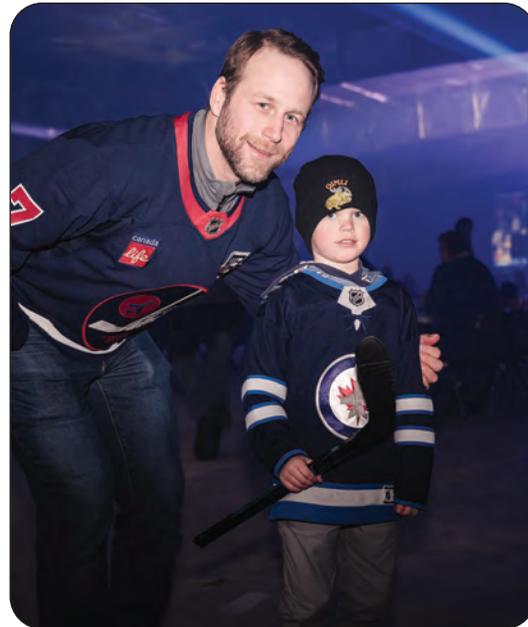
Winnipeg Jets Alumni and True North Sports + Entertainment brought hockey skills, mental health awareness workshops and a whole lot of hockey fun to Gimli last week after the town won the annual Jets Town Takeover competition.



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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Einarson claims silver at World Women's Curling Championship

By Haley Cvar

Kerri Einarson of Gimli and Team Canada captured a silver medal at the BKT World Women's Curling Championship following a 7-5 loss to Switzerland in Sunday's final.

The result marks the team's best fin-

ish at a world championship, improving on a previous bronze medal performance.

"It's pretty amazing to medal on the world stage, and it's an upgrade from our previous bronze, so it does still feel very special," Einarson said in a press release.

The championship ran March 14-22 at the WinSport Event Centre in Calgary, featuring 13 teams in a 12-game round robin. The top six advanced to the playoffs, with the top two earning byes to the semi-finals.

Einarson, alongside third Val Sweeting, second Shannon Birschard and lead Karlee Burgess, put together a strong showing throughout the week. Canada finished second in the standings with a 10-2 record, with both losses coming in extra ends against Switzer-



EXPRESS PHOTOS SUBMITTED

Pictured left to right, Kerri Einarson, Val Sweeting, Shannon Birschard and Karlee Burgess hold their silver medals after Team Canada's second-place finish at the BKT World Women's Curling Championship in Calgary, Alta., Sunday.



Kerri Einarson celebrates with her daughters Kamryn (left), Khloe and husband Kyle.

land and Norway.

Canada advanced to the gold-medal game with an 11-3 semifinal win over Japan.

Switzerland, holding hammer as the higher seed, blanked the opening end before scoring two in the second. After another blank in the third, Canada re-

sponded with a deuce to tie the game. A missed tap attempt by Switzerland opened the door, but Einarson's draw came up light, allowing Switzerland to score two and take a 4-2 lead.

Canada was forced to a single in the sixth but answered with a steal in the seventh to even the score at 4-4. Switzerland regained control with two in the eighth after Einarson's hit rolled out, leaving an open draw.

Trailing 6-4, Canada managed just one in the ninth despite attempting a difficult double raise, setting up a final end without hammer. Einarson attempted a tap around a centre guard to remove Switzerland's shot stone but was unable to move it far enough, sealing the outcome.

"Unfortunately, it just wasn't our day. We battled hard and I'm super proud of my team," Einarson said. "But this has been a pretty amazing experience."

Attention now shifts to the men's world championship, with Canada's Team Dunstone — featuring Gimli's Colton Lott — set to compete at the LGT World Men's Curling Championship in Ogden, Utah, from March 27 to April 4.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Lakers host AA provincial basketball championship

By Jo-Anne Procter

The Margaret Barbour Spartans are provincial champions after defeating the Souris Sabres to capture the Manitoba High Schools Athletic Association AA Varsity Boys Basketball title on their home province's biggest stage.

Gimli High School hosted the championship tournament from March 19 to 21, welcoming eight teams from across Manitoba for three days of high-level competition.

The Spartans rose to the occasion in the final, putting together a strong performance to secure the provincial banner over Souris.

Host team Gimli Lakers battled hard throughout the tournament and came close to finishing on a high note, but were narrowly defeated by the Green Valley Pirates in the consolation final.

The Lakers opened their tournament with a 77-66 loss to the Carberry Cougars before rebounding with a 71-67 victory over the West Park Royals. The win advanced Gimli into the con-

solation side, where they ultimately fell just short against the Pirates.

Despite the result, several Lakers earned individual recognition for their efforts. Ashton Chartrand was awarded the Dairy Farmers of Manitoba Players Choice Award, an honour voted on by fellow competitors and presented to the athlete who best demonstrates leadership and sportsmanship throughout the tournament.

Chartrand also earned Player of the Game honours in Gimli's matchup against Carberry. Dylan MacLean was named Player of the Game in the Lakers' win over West Park, while AJ Nadon received the honour in the consolation final against Green Valley.

The tournament showcased the depth of talent across the province and provided a strong platform for student-athletes, with Gimli delivering both as host and competitor over the three-day event.



EXPRESS PHOTOS BY JO-ANNE PROCTER AND JODIE CHARTRAND

The Gimli Lakers line up following a game at the Manitoba High Schools Athletic Association AA Varsity Boys Basketball Provincial Championship, where the home side competed hard in front of local fans and advanced to the consolation final.



Lakers' Jessie Patrick-Batenchuk drives to the net.



Lakers' coach Chad Heminger calls a time out during the game against the Carberry Cougars.



Players of the Game, left to right: Ashton Chartrand, AJ Nadon and Dylan MacLean.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Einarson reflects on successful first season as Ice Dawgs head coach



EXPRESS PHOTO BY RAYME THOMSON

The Arborg Ice Dawgs finished fifth in the 2025-26 CRJHL season with a 7-18-0-2-3 record. A majority of the roster is eligible to return next season, with only one player ageing out. Pictured, back row, left to right: Lloyd Barylski (general manager), Tyson Barylski (assistant coach), Jack Einarson (head coach), Grayson Artimowich, Bradley Kemkaran, Brodie Kennedy, Noah Smolinski, Sawyer Zuk, Skylar Farrington, Tytan Johnson, Hunter Loewen, Easton Bochorka, Brycen Johannesson, Cayden Ingimundson, Troye Genaille, Xavier Laviolette, Vince Fridfinnson (equipment) and Ben Danielson (equipment). Front row: Michael Timchishen (water boy), Zavery Wahoski, Brody Maxwell, Dainen Jacobson, Brandon Burak, Dylan Woytowich, Jaxon Loewen and Paxton Moore. Missing from the photo are Austin Loewen, Jaxon Grose, Dominick Collins and Braden Filder (trainer).

By Kieran Reimer

The 2025-26 Capital Region Junior Hockey League season marked a step in the right direction for the Arborg Ice Dawgs.

Arborg began a new chapter this season with former Ice Dawg Jack Einarson stepping in as the club's head coach after three seasons in an assistant role.

After starting the season 0-4, Arborg began to find its footing despite being one of the youngest groups in the league.

The Ice Dawgs climbed out of last place before the Christmas break, moving ahead of the North Winnipeg Satellites, who ultimately finished last. They then leapfrogged the Lundar Falcons late in the season, in part due to a three-game win streak in January.

The strong finish helped Arborg post a 7-18-0-2-3 record and finish fifth, up from sixth the previous season. Their momentum was slowed in the first round of the CRJHL playoffs when they faced the fourth-place La Broquerie Habs, who ended their season in a best-of-five series. Arborg did manage to steal Game 2 with a 4-3 win.

Einarson said the series loss was a valuable learning experience. With only one graduating player, he is optimistic about how the team will build on that experience in future seasons.

"It was nice to come on there at the end to get a little up in the standings," Einarson said Thursday. "As for the improvements, we are a young team. We only had one overager — we had a lot of younger 16- and 17-year-olds — so a lot of it was just familiarity with that level of hockey. A lot of kids came from house league, just in Arborg, so I think the biggest thing was confidence growing — these young kids learning that they are able to play in this league. That was the biggest thing in the second half, when they believed in themselves."

Einarson also said he learned a great deal about what it takes to be a head coach at the junior level. At 26, the Gimli product is one of the youngest head coaches in the league, despite being four years into coaching.

He said he has taken bits and pieces from previous head coaches to help shape his approach.

"Having the lead voice in the room instead of just kind of being a secondary voice — now you're the one being heard most of the time — that was the biggest change for me," he said.

One of the highlights of Arborg's season was the standout play of rookie defenceman Tytan Johnson and second-year forward Brandon Burak, both of whom earned individual league awards.

Johnson received both the CRJHL Rookie of the Year and Top Defenceman awards after a record-

breaking season on Arborg's blue line.

His nine goals and 34 assists for 43 points set a CRJHL record for points by a defenceman in a single season, as he averaged 1.7 points per game as an 18-year-old.

Burak, meanwhile, earned CRJHL Most Valuable Player honours after building on his impressive rookie season in 2024-25, when he posted 27 goals and 14 assists.

In 2025-26, he recorded a league-best 32 goals and 22 assists for 54 points while appearing in all 30 regular-season games for the Ice Dawgs.

At 19, he remains eligible for two more seasons in the league.

"We had other guys chipping in as well who had great seasons, but those two were obviously huge pieces for us," said Einarson. "They played power play, penalty kill, five-on-five. We had them out in the most important situations and they did very well, so they were a huge part of our team this year and will be going forward."

Arborg will look to build on its progress in the off-season with spring camp and tryouts in the coming months ahead of puck drop in late September.

The club is also preparing to host its annual team awards banquet on April 24 at the Arborg Curling Club.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Lott/Lott withdraw from Canadian mixed doubles championship

By Haley Cvar

Defending national champions Kadriana and Colton Lott will not be in the field when the 2026 Canadian Mixed Doubles Curling Championship gets underway this weekend in Surrey, B.C.

The Gimli-based duo, who captured the 2025 Canadian mixed doubles title, are sitting out this year's national championship due to a scheduling conflict, as Colton Lott will instead compete with Team Matt Dunstone at the 2026 World Men's Curling Championship in Ogden, Utah, beginning March 27.

There is no automatic Team Canada berth at the Canadian mixed doubles championship.

Their absence opens the door for a new Canadian champion to be crowned at the Cloverdale Curling Club, where 28 teams from across the country will compete starting Saturday. Along with a \$20,000 top prize, the winning team will earn the right to represent Canada at the 2027 World Mixed Doubles Championship.

The field includes 14 provincial and territorial champions, with the remaining entries qualifying through the Canadian Mixed Doubles Rank-

ings (CMDR). Teams have been divided into four pools of seven, each playing six round-robin games through March 25.

The top team from each pool will advance directly to the quarterfinals on March 26, while the next eight teams overall will compete in qualification games earlier that day. The semifinals are set for March 27, followed by the championship final.

Despite not competing at nationals this year, Lott and Lott will still wear the Maple Leaf on the world stage. The pair is set to represent Canada at the 2026 World Mixed Doubles Curl-

ing Championship, scheduled for April 25 to May 2 in Geneva, Switzerland.

The Surrey field still features plenty of star power, including two-time Canadian champions Jocelyn Peterman and Brett Gallant, who recently represented Canada at the 2026 Winter Olympics in Italy. Also competing are Olympic bronze medallist Rachel Homan and Brendan Bottcher, as well as 2023 national champions Jennifer Jones and Brent Laing.

Fans can follow all the action from Surrey via live streaming on Curling Canada's YouTube channel.

## Blues capture city championship



EXPRESS PHOTO SUBMITTED

The Stonewall Blues U15 A2 female team captured the Hockey Winnipeg city championship last Friday following a series of tightly contested playoff games. The Blues secured a 4-2 victory over the Stars in the championship final after previously edging the same team 2-1 in overtime in the semifinal. Earlier in the playoff run, Stonewall earned hard-fought wins over the Eagles (5-4), Polar Bears (2-0) and Steinbach (2-1) to advance to the final. Pictured, back row, left to right: Matt Fines (assistant coach), Garrett Gottfried (head coach), Olivia Potter, Rowyn Fines, Emma Sigvaldason, Ashlyn Huard, Lucia Borkowsky, Mackenzie Diell, Alyse Prystupa and Andrew Miller (assistant coach). Middle row: Brittiny Miller, Deklynn Gottfried and Rory Stansell. Front row: Abigail Osborne and Brae Jimenez.

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# Bronze finish caps strong season for Fisher Branch girls

By Annaliese Meier

The Fisher Branch Collegiate varsity girls basketball team brought home a bronze medal from the Provincial A Basketball Championships held this past weekend in Ste. Rose, marking a significant achievement for the program.

Fisher Branch opened the tournament with a narrow 54-52 victory over the host Ste. Rose Celtics before falling 75-36 to the Elm Creek Cobras in round-robin play. The Cougars bounced back in the bronze medal game, defeating the Rivers Rams 55-51 to secure their place on the podium.

Competing against top teams from across Manitoba, Fisher Branch put together a strong showing throughout the tournament. The bronze-medal finish highlights the team's growth, determination and commitment over the course of the season.

Individual accolades also followed for Fisher Branch. Sky Miranda was named a Provincial All-Star and received the Dairy Farmers of Manitoba Players Choice Award — an honour



Sky Miranda won the Players Choice Award.

voted on by fellow competitors and presented to the athlete who best demonstrates leadership and sportsmanship throughout the tournament.

The team is coached by Sam Janower.

With a solid core of players and a successful provincial performance,



EXPRESS PHOTOS SUBMITTED

Fisher Branch Collegiate's varsity girls basketball team captured the bronze medal at the Provincial A Championships in Ste. Rose. Pictured left to right, front row: Keith Santos, Annamae Beaudette, Sky Miranda, Carli Nahuliak, Aurelia Brill; Back row: Sam Janower (coach), Kimberly McPherson-Klimchuk, Ava Niessen, Kiana LaFreniere, Alyssa Malenchak, Hayley Platford and Breanna Stodgell.

Fisher Branch Collegiate closes out the season on a high note while building momentum for the future.

# Rock League announces inaugural season, Einarson among headliners

By Haley Cvar

A new era in professional curling is set to begin this spring, with a strong Manitoba connection at the forefront.

The Curling Group announced the schedule and format for the inaugural Rock League season, a new professional league aimed at reshaping how the sport is presented and experienced. The league will launch with a condensed preview season April 6-12, at the Mattamy Athletic Centre in Toronto.

Among the headliners is Gimli's Kerri Einarson, who will suit up for Shield Curling Club as part of a deep

Canadian roster that blends elite experience with international talent.

Einarson joins a women's lineup that includes Tracy Fleury, Agnes Knochenhauer, Carole Howald and Marlee Powers, while the men's side is led by Olympic champion Brad Jacobs.

Gimli's Colton Lott was initially slated to join Shield Curling Club, he will not compete in the inaugural season after opting to take extended time off following a busy curling season.

The six-team league — featuring Alpine Curling Club, Frontier Curling Club, Maple United, Northern

United, Shield Curling Club and Typhoon Curling Club — will introduce a unique format

combining men's, women's and mixed doubles play within each matchup.

"Today's fans want more than a seat in the stands. They want to feel the energy, be part of the action, and share in the passion of the sport," Curling Group CEO Nic Sulsky said in a release. "Rock League's debut season will be a showcase of the innovation and atmosphere that will define a new era in curling, honouring the game's roots while making it more accessible, more interactive and way more fun."

Each game will see two franchises facing off against each other in three different matchups across the sheets: men's teams, women's teams and mixed doubles. The franchise that takes at least two of the matchups wins the game.

Things get "mixed" up for the final

day of preliminary play on Friday, April 10. Each franchise will field two mixed fours teams, with each game worth one point toward the standings.

The top four franchises advance to the semifinals on Saturday, April 11, followed by the third-place game and championship finals on Sunday, April 12. All playoff games will follow the round-robin format.

Following the preview season, Rock League is set to expand into a full five-week schedule in 2027, further establishing what organizers hope will become a staple on the international curling calendar.

With Olympic champions, world medallists and fan-focused innovation at its core, the league's launch marks a significant step toward modernizing the sport.

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# get inspired

> MEAL IDEAS



## Maple-Glazed Easter Ham

juices from pan, until meat registers 120 F at thickest portion.

In medium saucepan over medium-high heat, stir maple syrup, brown sugar, bourbon, ginger and cinnamon; bring to boil. Cook, stirring occasionally, until thickened, 6-8 minutes. Remove from heat. Cover to keep warm and set aside.

Remove ham from oven and discard foil. Increase oven temperature to 400 F. Using pastry brush, glaze ham with 1/3 cup maple-bourbon mixture.

Bake ham about 30 minutes until top is lightly caramelized and meat registers 145 F at thickest portion, brushing with remaining glaze every 10 minutes.

Remove from oven and transfer ham to serving platter. Let rest 15 minutes and garnish with orange slices, orange wedges and rosemary sprigs.

Photo courtesy of Shutterstock

Recipe adapted from Southern Living

Total time: 3 hours

Servings: 10

1 bone-in spiral-cut ham (8-9 pounds)

1 cup pure maple syrup

1/2 cup packed dark brown sugar

1/2 cup (4 ounces) bourbon

1/2 teaspoon grated fresh ginger

1/4 teaspoon ground cinnamon

orange slices and wedges, for garnish

fresh rosemary sprigs, for garnish

Preheat oven to 350 F.

Place ham in large roasting pan and fill with 1/2 inch of water. Cover pan with aluminum foil and bake about 2 hours, basting every 30 minutes with



## Chocolate Easter Egg Cupcakes

To make cupcakes: Preheat oven to 350 F. Line 12-cup muffin tin with cupcake liners.

In bowl of electric mixer, sift flour, sugar, cocoa powder, baking soda, baking powder and salt.

In medium bowl, whisk egg, butter, milk, water, vegetable oil and vanilla extract.

Mix dry ingredients on low speed 1 minute. Add wet ingredients. Mix 2 minutes on medium speed and scrape sides and bottom of bowl. Mix 1 minute on medium speed.

Divide evenly among cupcake liners.

Bake 12-15 minutes, or until toothpick inserted in center comes out almost clean.

Cool cupcakes on wire rack.

To make frosting: Using paddle attachment of electric mixer, whip butter 8 minutes on medium speed until pale and creamy. Add powdered sugar, milk, vanilla extract and salt; mix on low speed 1 minute. Increase speed to medium and mix 6 minutes until frosting is light, creamy and fluffy. Add food coloring and whip 1 minute.

Pipe frosting onto cupcakes and top with egg-shaped chocolate-coated candies.

Photo courtesy of Unsplash

Recipe adapted from A Classic Twist

Prep time: 30 minutes

Cook time: 15 minutes

Cupcakes:

1 cup all-purpose flour

1 cup sugar

1/3 cup cocoa powder

1 teaspoon baking soda

1/2 teaspoon baking powder

1/2 teaspoon salt

1 egg, at room temperature

1/2 cup buttermilk, at room temperature

1/2 cup hot water

1/4 cup vegetable oil

1 teaspoon vanilla extract

Frosting:

3 sticks unsalted butter, softened and cubed

3 cups powdered sugar, sifted

2-3 tablespoons milk

1 teaspoon pure vanilla extract

1 pinch salt

2-3 drops brown food coloring

egg-shaped chocolate-coated candies

# Ask the Money Lady

Dear Money Lady Readers: Have you been offered a BN-PL option at a store self-checkout?

It's now the latest thing this fall, being offered only on the self-checkout at your local retailer, whether that be for household goods, car parts or even groceries. So, what is it you ask?

BN-PL stands for "Buy Now - Pay Later" and is a new stream of business almost all financial institutions are getting involved in for 2026. With the rising cost of practically everything these days, banks, credit unions and even smaller companies that offer POS (point of sale) services have now realized there is an opportunity to capitalize on Canadians that are struggling. Of course, you know how this works, right? At the time of purchase, when you are prompted to pay, you will be given the option to defer the payment, "taking the merchandise with you now" and then agreeing at the point-of-sale terminal to "pay for it sometime in the future." Viola, you get to defer the re-sponsibility of payment!

Now some of you may be saying - well Chris, I can do that with my credit card? Sure, you can. But a BN-PL plan is not just for use with credit card holders, it's for debt or cash too. Some banks are now pre-authorizing debit cards and bank accounts to allow you to pay for purchases in installments with the first payment sometimes due at the checkout and then the rest auto-charged to your debit card/account over the next few weeks (usually in two-week intervals) or it could be setup monthly.

And don't think that these are small companies behind this new phenomenon. Moneris is now the biggest proponent of BN-PL through its point-of-sale terminal solutions, owned jointly by RBC Royal Bank and BMO Bank of Montreal. Moneris calls it their one-time recurring payment plan, while RBC recommends it as a way to "grow your business, and give your customers a better shopping experience." RBC says to small businesses: "Turn more browsers into buyers with little effort. There's no development work on your part and Pay-Plan by RBC will easily integrate into your existing site."

Obviously, you can tell, I disagree to a buy-now and pay-later model for small retail. It's one thing to offer it with big ticket items like,



furniture, cars, boats/motorcycles and homes; but it's quite another to offer it for small household purchases, like a toaster or basics, like groceries and pet food. Are we never to get out from under our debt to retire comfortably? Apparently, the financial institutions would rather us not. This sound like another creative way to get people continuing to borrow. All lenders know that loans and mortgages are their "biggest money-making machines" and when people are struggling why not make it easier for them to borrow even more?

Banks know that if Canadians have a lot of open credit that they eventually can't handle, when offered to amal-gamate it into a consolidation loan or at the time of a mortgage renewal - well, they will mostly likely do it to ease the financial pain. Having been in banking for over 35 years and seen the before and after of the 2008 Financial Crisis, this feels like the times before the crisis, when banks and lenders were eager to showcase new clever and inventive products to entice us all to carry more credit.

Please be careful with your money. Make it a habit to stick to a written financial plan or budget and try to resist spending too much as we go into the holiday season. If you would like help with creating a new 2026 financial plan, I now offer one-on-one personalized and confidential money coaching. You can find out more on my website or drop me an email at [coaching@askthemonylady.ca](mailto:coaching@askthemonylady.ca)

Good Luck and Best Wishes this Holiday Season,

Money Lady

Written by Christine Ibbotson, Author, Finance Writer and Syndicated Money Coach on BNN Bloomberg. Christine is also part of the everyday lineup on CTV Your Morning in every province. No AI. Follow Christine on Instagram @askthemonylady, or on Facebook (Christine Ibbotson).

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Please submit resume to shaunne@charisons.ca or call 204-886-2922 for further information.

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### FIREWOOD

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60 Acres of annual hay and pasture. RM of Armstrong. For more information call 1-431-931-0403 Teulon, MB.

### APARTMENT FOR RENT

Tollak 2 is a 55 plus bldg. with river view 2 bedroom apts. available. Central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

### COINS

Call now for your cash! Your Interlake coin collector - buying old coins & paper money. Phone David 204-798-3045.

### UPCOMING EVENTS

Dauphin Gun & Hobby Show April 11th, 10 a.m. - 5 p.m. & April 12th, 10 a.m. - 3 p.m. 8th Avenue Hall. For info. call Victor 204-444-4690.

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## EMPLOYMENT OPPORTUNITY



## Early Childhood Educator II

Required for Arborg Play Group INC.  
Status: Full-time Permanent  
Start Date: April 13, 2026

### Position Overview

We are seeking a caring, enthusiastic, and reliable Early Childhood Educator II to join our team. The ideal candidate brings creativity, professionalism, and a genuine passion for early learning. This role involves working collaboratively with colleagues to plan and implement developmentally appropriate activities, maintain a safe and nurturing environment, and support positive interactions with children and families.

### Key Responsibilities

- Plan and implement play based, developmentally appropriate experiences for children aged 2 to 6
- Foster a warm, inclusive, and responsive environment that supports children's emotional, social, physical, and cognitive development
- Maintain supervision, safety, and well being of all children at all times
- Build positive, respectful relationships with families and colleagues
- Assess the skills, abilities, interests and needs of children
- Document observations and daily communication as required
- Follow centre policies, licensing regulations, and health and safety guidelines
- Contribute to a collaborative, supportive team culture

### Qualifications

- Current ECE II classification through Manitoba Child Care Qualifications and Training
- Current First Aid/CPR Level C (or willingness to obtain)
- Clear Criminal Record Check, Child Abuse Registry Check, and Vulnerable Sector Check (or willingness to obtain)
- Commit to Kids Canadian Protection for Children Training (or willingness to obtain)
- Strong communication skills and a commitment to professionalism
- Experience working in an early learning environment is an asset

### What We Offer

- Competitive wages based on qualifications and experience - ELCC Wage Grid
- Paid professional development opportunities
- Supportive, team oriented work environment
- Pension Plan
- Health & Dental Plan

### How to Apply

Please submit your résumé and a brief cover letter to:

Email: hloweapg@gmail.com

Subject Line: ECE II Application - [Your Name]

Applications will be accepted until March 30, 2026 or until the position is filled. We thank all applicants for their interest; only those selected for an interview will be contacted.

## EMPLOYMENT OPPORTUNITY



## Full-Time Assistant Manager Teulon Bigway

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**For more information or to apply, please send your resume to: TeulonBigWay@hotmail.com**

**Subject line:** Employment - Grocery

## EMPLOYMENT OPPORTUNITY

### Bifrost Riverton Seniors Resource Council Inc. Full Time Meal Program Coordinator Position

The congregate Meal Coordinator will provide nutritious meals and social support to seniors and persons living with disabilities, in a congregate dining setting, to assist them in maintaining their independence.

### Requirements:

- Complete and maintain satisfactory Criminal Record Check, Vulnerable Sector Check, and Adult Abuse Registry Check
- Completion of Safe Food Handler Certificate an asset
- Basic knowledge of Canada Food Guide
- Previous experience working in food handling and/or food services
- Reliable, efficient and able to work some weekends
- Ability to schedule and coordinate volunteers
- Has a valid class 5 driver's license and all-purpose registered vehicle
- Ability to stand for long periods of time and lift up to 25 lbs.

**Wages:** Starting at \$18.00/hr negotiable depending on experience

**Closing Date for Applications:** Friday March 27th 4:00 pm

• Phone Resource Coordinator Brenda Ost 204-378-3103 for more information.

• Email resumes to: brseniorsresource@gmail.com

• By mail: BRSRC Inc, P.O. Box 206 Riverton, MB R0C 2R0

• Or drop off at Riverton Community Health Centre during regular hours



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## NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL ELECTION TOWN OF WINNIPEG BEACH

Please be advised that a general municipal election will be held on July 24, 2026.

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations:

For the office of head of council: Between February 1, 2026 and June 18, 2026

For the office of councillor: Between March 31, 2026 and June 18, 2026

at the Town of Winnipeg Beach office, 29 Robinson Avenue during the regular hours of business (8:30 am - 4:30 pm).

To obtain a registration form contact the SEO at the email or telephone number listed below.

B. Leah McIsaac  
Senior Election Official  
204-782-2146  
SEO contact telephone number  
seo@winnipegbeach.ca  
SEO email

Dated at Winnipeg Beach on January 26, 2026.

B. Leah McIsaac Town of Winnipeg Beach  
Senior Election Official (SEO)

## THE RURAL MUNICIPALITY OF ARMSTRONG

### PUBLIC HEARING REGARDING

### THE 2026 FINANCIAL PLAN

In accordance with Section 162(2) of *The Municipal Act* the Rural Municipality of Armstrong shall hold a PUBLIC HEARING to present the 2026 Financial Plan for the Municipality on:

**Thursday, April 9, 2026 at 7:00 P.M.**

**FRASERWOOD HALL**

**10140 PR 231 Fraserwood, MB**

The Rural Municipality of Armstrong 2026 Financial Plan consists of:

- 1) The 2026 Operating Budget,
- 2) The 2026 Capital Budget,
- 3) An estimate of the Operating Revenue and Expenditures for the following fiscal year (2026), and
- 4) A five (5) year Capital Expenditure Program (2027-2031)

The purpose of the PUBLIC HEARING is to allow any interested person to make representation, ask questions, or register an objection in respect of the Rural Municipality of Armstrong 2026 Financial Plan.

Copies of the Financial Plan will be available for review and may be examined by any person on the Rural Municipality of Armstrong website at [www.rmofarmstrong.com](http://www.rmofarmstrong.com) or at the Municipal Office at Lot 55 Highway 17, Inwood, Manitoba during regular office hours.

Following the Financial Plan presentation Council will open a discussion regarding Ward Boundaries and possible changes to council structure for the Rural Municipality of Armstrong.

Dated this 19th day of March, 2026

Colleen Mayer  
Chief Administrative Officer  
Rural Municipality of Armstrong



## TOWN OF WINNIPEG BEACH 2024 Audited Financial Report

PUBLIC NOTICE is hereby given, pursuant to Section 194 of *The Municipal Act*, that the auditor's financial report for the 2024 fiscal year has been deposited in the office of the Chief Administrative Officer of the Town of Winnipeg Beach, located at 29 Robinson Ave, Winnipeg Beach, Manitoba.

Persons wishing to view the report and the municipality's financial statements may view the documents:

- on our website at [www.winnipegbeach.ca](http://www.winnipegbeach.ca),
- request a copy by email to [info@winnipegbeach.ca](mailto:info@winnipegbeach.ca)
- calling our office at 204-389-2698 to make arrangements.

Dated in Winnipeg Beach, Manitoba, this 12th day of March 2026.

Jodi Mitchell, CMMA  
Chief Administrative Officer  
Town of Winnipeg Beach



## VILLAGE OF DUNNOTTAR PUBLIC NOTICE Regarding the 2026 Financial Plan

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the Village of Dunnottar intends to present its financial plan for the fiscal year 2026 at a public hearing on **Monday the 30th day of March, 2026 at 10:00 a.m.**

Council will hear any taxpayer who wishes to make representation, ask questions or register an objection to the financial plan, as provided.

Copies of the financial plan will be available for review and may be examined by any person during the regular office hours of the Municipal Office. A copy of the financial plan will also be posted on the Dunnottar website ([www.dunnottar.ca](http://www.dunnottar.ca)) at that time.

Please contact the office, [info@dunnottar.ca](mailto:info@dunnottar.ca) or call 204-389-4962, to register to attend this hearing or review a copy of the 2026 Financial Plan.

Dated this 6th day of March 2026.

Sarah Palson, C.M.M.A.  
Administrator

## EMPLOYMENT OPPORTUNITY

### Part - Time Position Supportive Housing Housekeeper/Icelandic River Lodge Caretaker

Approximately 16 hours per week

\*SH suites light housekeeping

\* Common areas general cleaning duties

Current "Vulnerable Sector Check" and "WHIMS" required

Submit Resume with References by 4:00PM, Friday, April 10, 2026

Mail or Email to:

Riverton Bifrost Holdings Inc.  
Box 448, Riverton MB R0C 2R0  
[rbh.inc@outlook.com](mailto:rbh.inc@outlook.com)

For more information or job description call Property Manager @ 204-378-2937

## FULL TIME CAREER OPPORTUNITY Gimli Seniors Resource Council Inc. MANAGER

We are looking for a people oriented, organized, innovative manager who will be responsible for the overall supervision of all staff and of support services programs. Programs include Congregate Meal Programs, Lifeline, Meals on Wheels, Transportation Service, and others.

Reporting to the board of directors, the requirements for the position include good supervisory, administrative, creativity and problem solving, written communication, and interpersonal skills, as well as a commitment to seniors' health and well-being and community.

University or college credentials, plus related experience, or some equivalent combination are required, as are a car, valid driver's license and pre-employment checks.

The hours are Monday to Friday 8:00 am to 3:30 pm, with some potential evenings or weekends.

We offer a competitive starting wage which includes pension and benefit package.

**Deadline for applications: Friday April 10, 2026. Please submit a resume including 3 references to:**

Gimli Seniors Resource Council  
Box 1928, Gimli Mb. R0C 1B0  
c/o P. Wiscombe  
[pwiscomb@mymts.net](mailto:pwiscomb@mymts.net)



## PUBLIC NOTICE

### REGARDING THE 2026 FINANCIAL PLAN

Public Notice is hereby given pursuant to Subsection 162(2) of *The Municipal Act*, that the Council of the R.M. of Grahamdale intends to present its Financial Plan for the fiscal year 2026 at a Public Hearing being held at the RM of Grahamdale Municipal Office, 23 Government Road, in Moosehorn, MB on Thursday, April 16, 2026 at 6:00 p.m.

The purpose of this Public Hearing is to allow any interested person to make representation, ask questions or register an objection to the Financial Plan as provided.

Copies of the Financial Plan will be available for review on Tuesday, April 7, 2026 and may be examined by any person during regular office hours at the Municipal Office or on our website at [www.grahamdale.ca](http://www.grahamdale.ca).

Public participation can be met through interactive technology or by written submission. Please contact our office for more information Ph: 204-768-2858 or email: [finance@grahamdale.ca](mailto:finance@grahamdale.ca)

Dated this 6th day of March, 2026.

Shelly Schwitek, CMMA  
Chief Administrative Officer  
R.M. of Grahamdale



# take a break

> GAMES

# X CROSSWORD

## SUDOKU

						6	
1	9	6		7			5
					1		3
			8	5	3		6
2			3	6	7	1	
		8	6				9
7	8						2
9			1	2			

### Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: intermediate

### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

- 38. Violent disorder
- 39. A French river
- 40. Early Mesoamerican civilization
- 43. Messenger ribonucleic acid
- 44. Musician Clapton
- 45. Ancient Greek sophist
- 49. Largest English dictionary (abbr.)
- 50. Valley
- 51. A way to unwind
- 53. Atomic #93
- 54. Recommending
- 56. Indigo bush
- 58. Larry and Curly's pal
- 59. Off-Broadway theater award
- 60. Fencers
- 63. Small Eurasian deer (pl.)
- 64. Relating to songbirds
- 65. A way to assign

### CLUES DOWN

- 1. Some are "secret"
- 2. Intestinal openings
- 3. Distant planet
- 4. Assembly possessing high legislative powers
- 5. Genus of typical owls
- 6. One with distinctively colored hair
- 7. Red cross
- 8. An alternative
- 9. Abominable snowmen
- 10. About ear
- 13. The opening letters
- 14. Feeling of regret
- 15. Atomic #39
- 20. Luteinizing hormone
- 21. Atomic #55
- 22. Carries a debt
- 23. Albanian monetary unit
- 27. Semitic abjad letter
- 29. Yes

1	2	3	4		5	6	7	8	9	10					
11						12						13	14	15	
16						17				18					
19				20	21			22	23				24		
25							26						27		
28						29						30			
				31	32						33				
34	35	36	37							38					
39						40	41	42							
43						44						45	46	47	48
49					50					51	52				
53					54				55						
56		57						58					59		
60						61	62						63		
					64									65	

### CLUES ACROSS

- 1. "Bird of Paradise" constellation
- 5. Red Sox WS winner Bronson
- 11. Whirl
- 12. The State Dept. has a notable one
- 16. Energy, style and enthusiasm
- 17. Part of the mind
- 18. Mountainous country
- 19. Type of beverage
- 24. Atomic #109

### CLUES DOWN

- 25. Opposite of falsities
- 26. Female sheep
- 27. Rocky peak
- 28. Sensitive information sharing environment
- 29. Ethnic group of Thailand
- 30. Patron saint of Rome Philip
- 31. Psychedelics
- 33. Japanese pine
- 34. Have an impact on

### CLUES DOWN

- 30. Negative
- 31. Earn a perfect score
- 32. Connecticut
- 33. Partner to cheese
- 34. Snack nuts
- 35. Quadruped's body part
- 36. Locate
- 37. Pitching statistic
- 38. "\_\_\_, myself and I"
- 40. Utah city northwest of Provo
- 41. Football players in the trenches
- 42. One who runs the show
- 44. Wood

### CLUES DOWN

- 45. Performing artists
- 46. Slang for a cut
- 47. More breathable
- 48. Most crafty
- 50. Provokes into action
- 51. University of Dayton
- 52. Sodium
- 54. Large fish of the mackerel family
- 55. Not one
- 57. \_\_\_ and behold
- 61. Sports highlight show
- 62. "The Great Lakes State"



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